

VAUGHAN AQUATIC CLUB

FREE TRYOUT – THORNHILL BRANCH



Location:

NORTH THORNHILL C.C.
300 Pleasant Ridge Ave, Thornhill, ON L4J 9B3

When:

WEDNESDAY, SEPT. 7
6:00 p.m.- 8:00 p.m.

Prerequisites:

Novice Group: Swimmers aged 8-10 Completed Lifesaving Society Rookie Patrol or Red Cross Level 9

Pre-Comp Squad: Swimmers aged 7-9 Completed Lifesaving Society Swimmer 5 or Red Cross Level 6.

Schedule of Groups:

Novice Group: Monday & Thursday – 5:00-6:00pm, Saturday 7:00-8:00am – All 3 Practices/week are @ Dufferin Clark C.C.

Pre-Comp Squad: Friday – 4:00-5:00pm – 1 practice/week @ Al Palladini C.C.

The goals of our Competitive Swimming Program:

- Improve swimming technique and learn to swim more efficiently.
- Learn and practice competitive swimming starts, turns & race strategies.
- Learn to stretch to improve flexibility.
- Have fun while learning to swim well.
- Compete against other swimmers and clubs.
- Develop team spirit.

- ✓ **SWIMMERS PLEASE BE ON THE POOL DECK AT 5:50 P.M. WITH SWIMSUIT AND GOGGLES READY TO SWIM!**
- ✓ **PARENTS CAN WATCH THE TRYOUT FROM THE VIEWING GALARY.**
- ✓ **SELECTED SWIMMERS WILL BE EMAILED.**
- ✓ **LIMITED SPOTS AVAILABLE FOR OUR NOVICE GROUP, AS WE SELECT MOST OF OUR NOVICE SWIMMERS FROM OUR PRE-COMPETITIVE PROGRAM.**